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PAGE 10

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Killer handed 2nd life sentence after police shootout

Nine-day crime spree. 'Very rare' ruling the result of convict firing at least 45 rounds at cops, taking hostages



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

A convicted murderer was given a life sentence Wednesday for a hostage-spree that took place during a prison day pass two years ago.

In what the Crown called a "very rare" sentence, William Bicknell's punishment will be concurrent to the life sentence he is currently serving after being convicted of second-degree murder.

He will not be eligible for parole for eight and a half years, according to the Crown.

"Life is a sentence reserved primarily for murder and manslaughter cases. It's very rare other than in those circumstances, so the fact that a life sentence was imposed ... just shows that in Alberta, we believe in our safe communities," said Orest Yereniuk, chief crown executive director of regional prosecutions.

The nine-day crime spree started on March 10, 2011,



William Wade Bicknell
THE CANADIAN PRESS

when Bicknell was granted a day pass to visit his sister. During that trip, the accused pulled a knife on his prison guard and escaped.

The court heard he then drove to a storage facility where he retrieved eight guns. The accused later used the guns to threaten three people and held them hostage in their homes over various lengths of time. He did not fire any of the guns at the hostages.

What happened next is what Judge Eric Macklin referred to as an old-fashioned

TV police gun chase.

After fleeing the home of one of his hostages, the accused drove to Highway 2 and began shooting at police several times. The court heard the accused fired at least 45 rounds at police during the shootout, including firing at police who set up a road block. Bicknell was hurt sometime during the shootings, taking at least one shot to the face and two in the head, resulting in significant injuries.

The accused plead guilty to 14 criminal charges on Tuesday, including break-and-enter and unlawful confinement, after appearing in court via video.

Judge Macklin told the court Wednesday that this was an "unsophisticated crime spree of nine days" that left fear in those impacted by Bicknell's crimes.

"Each victim faced the possibility of their own fatality," he said.

Crown perspective

"Life is a sentence reserved primarily for murder and manslaughter cases. It's very rare other than in those circumstances, so the fact that a life sentence was imposed ... just shows that in Alberta, we believe in our safe communities."

Orest Yereniuk, chief crown executive director of regional prosecutions



OILERS LOSE ... AGAIN

The Dallas Stars' Sergei Gonchar, Rich Peverley and Antoine Roussel celebrate the first of three unanswered goals as the Oilers' Devan Dubnyk looks on during the second period Wednesday night. The 3-0 loss to Dallas marked the Oilers' fourth straight loss. JASON FRANSON/THE CANADIAN PRESS

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Doug Griffiths

Minister sorry over regional planning bill

Alberta Municipal Affairs Minister Doug Griffiths has apologized publicly to rural politicians for the fiasco around his bill to reorganize regional planning.

"There has been so much misinformation about Bill 28, and I take full responsibility for that," Griffiths said Wednesday in a speech to the Alberta Association of Municipal Districts and Counties.

"I owe all of you an apology for not communicating well enough what our intentions were."

Griffiths made the comments two weeks after he put the brakes on the bill, announcing it would not proceed without further consultation from municipal and county leaders.

The bill, the Modernizing Regional Governance Act, is designed to set up new growth boards to address the shared needs of municipalities and districts clustered close together.

Opposition parties, however, have labelled it a naked power grab by the province.

The bill also directs that elected leaders who don't follow the wishes of the boards and submit all requested paperwork can be fined or jailed up to a year.

After the speech, Bob Barss, the president of the AAMDC, said they haven't lost faith in Griffiths, but said his group wants to see the changes to Bill 28 in black and white before endorsing the legislation.

THE CANADIAN PRESS

Pit bull sliced with machete after leaping to owner's defence

Three men are in custody, one more is wanted and a pit bull is recovering from machete wounds after she jumped to her owner's defence Tuesday.

Police were called to an apartment at 117 Avenue and 80 Street around 6:30 p.m. after four men pushed their way into a women's apartment.

The woman knew the men, but did not want them in her apartment. Shortly after they arrived, an altercation began

and one of the men started assaulting the woman and the dog came to her owner's defence.

"The pit bull stepped in to essentially protect her owner and sadly the pit bull received some pretty major wounds, from what was described to me as a machete," said Staff Sgt. Randy Wickins.

The dog was badly wounded in the altercation and it was police officers who stepped in

when the owner could not afford the veterinarian bills.

"At least 20 officers started pulling money out of their pockets and raised enough money to allow the surgery to happen," he said.

Three men were arrested, but police are still looking for Dylan Ian Machiskinik, 19. Anyone who sees him is asked to contact police, but should not approach him.

RYAN TUMILTY/METRO



Dylan Ian Machiskinik CONTRIBUTED

EPS looks to add more experience to ranks

Budget. Proposal would add more sergeants



RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton police are hoping to add more supervision to frontline officers with the addition of 10 new sergeants in this year's budget.

Hoping to address what police call "span of control" issues, the force is looking to add more sergeants in each division, so each sergeant is supervising fewer constables.

"Ours is a complex business these days and right now we have a span of control of one sergeant supervising 15 or 16 people and the industry standard is one to seven," said Deputy Chief Brian Simpson.

The police force has had issues this year with rising

response times and Simpson said these positions could help address that problem.

"Having an experienced officer to provide some insight, opinion or direction goes a long way toward a quick response to a lot of issues," he said.

Tony Simioni, president of the Edmonton Police Association, agrees the supervisors are very much needed to help the police force.

"There is a span of up to about 18 people and that is far too many with the amount of administrative tasks, the amount of legal issues they have to check," he said.

Simioni said the current group of sergeants is overworked and that makes it hard to keep people in the job.

"It is the least desirable position in the police force," he said.



Edmonton police have been regularly recruiting over the last few years to keep up with the demand for new officers. METRO FILE

1 NEWS

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Alberta won't appeal harsh ruling on muzzling of environmentalists

On the attack. The opposition Wildrose call the government's decision not to appeal an admission of guilt

The province won't appeal a court ruling that was highly critical of the province for preventing environmental groups from voicing concerns about an oilsands project.

Last month a judge threw out a decision by a government official who refused to allow the Oil Sands Environmental Coalition to speak at a review into the proposed Southern Pacific Resource Corp. mine near Fort McMurray.

The judge ruled the decision was biased because a government memo stated the coalition should be denied after it had been publicly critical of the oilsands.

Alberta Environment Minister Diana McQueen said Wednesday the coalition is welcome to apply again to be heard at a regulatory review of the project.

She would not say if the new application would be approved.

"It is important that all

Quoted

"It is important that all directly affected Albertans share their environmental concerns with us on industry projects."

Alberta Environment Minister
Diana McQueen

directly affected Albertans share their environmental concerns with us on industry projects," McQueen said.

"Moving forward, we will continue to ensure that each and every potential statement of concern is reviewed on its own merits."

Simon Dyer of the Pembina Institute, one of two organizations that make up the coalition, welcomed the government's decision not to appeal.

Dyer said the real test of whether the government has learned from the court ruling will be how it deals with the new application.

"We are pleased that the government has acknowledged that it needs to follow the law but disappointed the government hasn't apologized or admitted it made a mistake," he said.

THE CANADIAN PRESS



The court decision the Alberta government has decided not to appeal refused an environment group's request to speak at a hearing on a potential mine.

THE CANADIAN PRESS

New YouTube video targets men's rights groups

Hoping to pour cold water on the men's rights movement, a group of local men are speaking out in a new online video.

The video posted on YouTube has already garnered nearly 8,000 hits and features several men criticizing Men's Rights Edmonton and the larger online group, A Voice for Men.

Chris Chang-Yen Phillips

said he was disappointed when he saw the poster campaign the group engaged in earlier this year.

"I was really upset that this movement seems to have had a lot of traction in Edmonton, and that is not the community I want," he said.

He said he also spoke out because he believes men need to say clearly

that women should not be blamed when they are victims of rape.

"Not only do we need to recognize that that is a crazy idea, but we need to take responsibility for the fact that we benefit from a culture that encourages us to do whatever we want," he said.

Ashley Fairall, who helped organize the group, said she got the idea after talking to a

Men's Rights poster

- The poster campaign Men's Rights Edmonton engaged in earlier this year mimicked an Edmonton Police campaign en-

titled "Don't be That Guy," which focuses on alcohol and consent.

lot of her male friends who felt the men's rights activists were giving all men a bad name.

"That one voice, that one message that Men's Rights Edmonton is putting out there is damaging to them,"

she said.

She said compared to the Men's Rights Edmonton group, which has spoken anonymously in the past, the men in this video are coming forward.

"The men that were in this video are very strong in the way that they feel about this and they don't have anything to hide," she said.

RYAN TUMILTY/METRO

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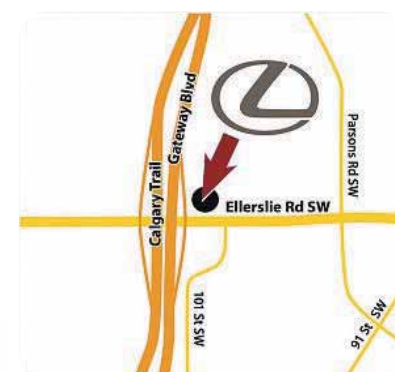
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Lorna Berglund, marketing officer for the Edmonton Emergency Relief Services Society, wants to fill this boat full of blankets to help those in need stay warm this winter. LUCY HAINES/FOR METRO

Blanketing those in need of warmth

Falling temperatures. EERSS short of goal of 5,000 blankets for low-income families, crisis victims, homeless

LUCY HAINES
edmonton@metronews.ca

Cold weather means cold people — on the street or in less-than-adequate housing — and the Edmonton Emergency Relief Services Society

(EERSS) wants to help with its annual Blanket Alberta in Warmth campaign.

A shortage of donations means the campaign is extending through the end of November. New or gently used blankets of any size and type are being accepted at any city fire hall or all Supercuts locations in Edmonton, Sherwood Park or Fort Saskatchewan.

"We help low-income families, crisis victims and homeless. People can walk-in and request a blanket," said EERSS fundraising coordinator Heather McCallum, whose facility

also supplies street vans for agencies supporting the city's homeless.

"Our goal was 5,000 blankets, but we're really short this year," said Lorna Berglund, marketing officer for EERSS. "It seems there are so many fundraisers in November, but we want people to remember this need too. Even sleeping bags will help."

Those who want to bring blankets directly to the downtown warehouse at 10255-104 St. can do so Monday to Friday between 10 a.m. and 3 p.m.

Rising to \$30

EIA improvement fee going up

Edmonton International announced Wednesday the airport improvement fee would rise by \$5. The increase takes it to \$30 and will apply to all flights departing after July 1 next year that are booked after Feb. 1.

In a release, the airport said the fee was necessary to fund the airport.

"As the fastest-growing major airport in Canada over the last 10 years, this increase will help fund the growth and maintenance capital plans that we need to reach our target of 10 million passengers per year by 2020," says Reg Milley, president and CEO of Edmonton Airports. **METRO**

What's in a name? Edmontonians, these are your future LRT stops

The future stops along the LRT Valley line connecting Mill Woods and downtown have been named.

A City of Edmonton naming committee opted to choose names based on their adjacent community for ease of wayfinding, said city officials.

The names for the 11 stops include:

- Quarters
- Muttart
- Bonnie Doon
- Grey Nuns
- Mill Woods Town Centre

A maintenance facility will be called the Gerry Wright Operations and Maintenance Facility. **METRO**

Aboriginal inspiration

Plains Cree words have been given to two bridges in consultation with the city's aboriginal relations office and external advisers:

- The Kâhasiniskâk (referring to the nearby creek) pedestrian bridge at Connors Road
- The Tawatinâ (meaning "valley") Bridge crossing the North Saskatchewan River

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Cord-cutting delay a boon for preemies

Health. Edmonton hospitals find that practice stabilizes and benefits pre-term babies

Premature babies born in Edmonton are getting the best start possible thanks to a delayed cord-clamping standard of practice that has shown improved outcomes since it began in 2008.

Clinical nurse specialist Heather Chinnery said the practice, common in Europe, delays the clamping of the preemie's umbilical cord by 60 seconds, providing something like a blood transfusion.

"Baby's first breaths pull in blood from the placenta and that stabilizes blood pressure, helps fight infection and repairs damaged cells."

For preemies not needing immediate intervention, Chinnery said the cord-cutting delay is considered a more natural way for babies to transition from the womb to the outside world.

"We see fewer complications — less brain injury and need for blood transfusions.

Did you know?

- There are about 50,000 births in Alberta each year and 6,500 — or 13 per cent — are premature.
- World Prematurity Awareness Day is Nov. 17. All preemies born from 22 to 36 weeks of gestational age in Edmonton hospitals — Royal Alex, Misericordia and Grey Nuns — have been part of the delayed cord-clamping procedure since 2011.

It's all part of a larger project on how to stabilize preemies," she said.

Local mother Corrie McMurtry delivered her two-pound, five-ounce daughter Katerina by C-section at 29 weeks and said she's pleased delayed cord clamping was available when the girl was born three years ago.

"I was never worried, because I knew I was in the best place to have a preemie," said McMurtry.

LUCY HAINES/FOR METRO



Corrie and David McMurtry say they're glad delayed cord-cutting was in place in Edmonton hospitals when their daughter Katerina was born at 29 weeks. The girl is thriving despite a birth weight of just over two pounds. LUCY HAINES/FOR METRO

Pheromones deployed in beetle fight

U of A researchers are using the mountain pine beetle's own pheromones against it — developing a bait or lure from the chemical cue that aims to stop the steady onslaught the destructive bug is making against lodgepole pine and now jack-pine forests in Alberta and beyond.

With a goal of refining an effective bait for use in the province's "trap-tree" program, Nadir Erbilgin, associate professor and Canadian research chair in forest entomology at the U of A,

said the information he gathers may help forest managers decide where to focus beetle-containment efforts.

"The beetle is a tough enemy and we're not winning these battles," said Erbilgin, pointing to the economic and ecological impact that comes with destroyed pine forests — a lumber mill shut down in B.C. and harm to species that rely on pine-tree bark for survival, for example.

"We're not giving up, and we are making steady progress.

A solution is coming to slow down the spread of the beetle," he said.

Working with a dark trap tree and pheromones to mimic both the tree and the beetle, researchers hope the visual and chemical cues will attract high numbers of the insects to give an indication of the population at a given site.

Alberta field trials continue in the summer of 2014, with hopes for an effective, ready-to-use product within a few years.

LUCY HAINES/FOR METRO

Widespread damage

- The beetle has taken out forests of lodgepole pines in the U.S., B.C., Northwest Territories and Alberta, and it is moving toward the Saskatchewan border.
- Swarms of beetles, which can kill a tree in just a few days, have recently taken aim at forests of jack pine in Alberta.



U of A researcher Nadir Erbilgin is refining the use of beetle pheromones to help determine where to focus the fight against the mountain pine beetle.

LUCY HAINES/FOR METRO

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Drugs, booze, drunk driving and now ... sex?

Rob Ford's day of shame. Just-released court document contains stunning claim about Toronto mayor and 'prostitutes'

A bombshell court document, released Wednesday suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

But for the first time in the scandal it raises the issue of ... sex.

The document reveals the aides were even worried about the presence of suspected "prostitutes" in the mayor's office.

The previously censored information comes from po-

lice interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers' allegations centre on the night of St. Patrick's Day last year, where a former staffer told police he saw Ford with another staffer, a friend and a young blond woman named Alana who he thought was "an escort or a prostitute."

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom told police Ford was drinking from a 40-ounce bottle of Smirnoff vodka and by the time he arrived at the mayor's office that night around 9 p.m. half of it was gone.

"Mayor Ford was totally out of it and had obviously been drinking," the police

document quotes Ransom as saying.

Ford wanted to "smoke narcotics" with Alana and his friend but his staffers stopped him, Ransom told police.

Ford went to a bar and a friend of Alana's showed up, Ransom said.

"When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down," the police quote Ransom as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and "two females that may have been prostitutes."

The mayor then started "crying uncontrollably," assaulted one staffer, pushed another and drove himself home. **THE CANADIAN PRESS**



Mayor Rob Ford confronts city councillors in Toronto on Wednesday.
NATHAN DENETTE/THE CANADIAN PRESS

Ford-speak

Rob Ford faced off with Toronto city council during a heated debate on a motion urging him to take a leave of absence. Here are some of the Toronto mayor's quotes from the meeting:

"Yes, I have."

After being asked whether he'd purchased illegal drugs in the last two years, Ford has been mayor of Toronto since October 2010.

"The reason I drank or did drugs was not out of stress, it was out of sheer stupidity."

After a councillor asked him whether he recognizes that some of his behaviour points to an addiction problem.

"I work with youth day in and day out and I've changed these kids' lives. I'm a positive role model."

When asked whether his decision not to co-operate with police sets a bad example. He said he was not talking to police on the advice of his lawyer.

"I understand the embarrassment that I've caused every resident in this city."

Saying his "mistakes" were of a personal nature.

"I really effed up and that's it."

At the end of the debate.

A dramatic day in the life of a scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

- Vote.** During an internationally televised meeting, Toronto city council voted overwhelmingly to have the mayor take a leave of absence.
- Contrition.** "I really effed up," Ford said as the often-heated debate ended. "Apologizing and saying

you're sorry, you can only say that so many times."

- Next move?** The 37-5 motion, however, was non-binding, but its sponsor has said he would ask the province to step in if Ford failed to heed council's wishes.
- Counter-move.** Just before the vote, Ford failed to introduce a motion that would have forced all

councillors to undergo drug testing. The speaker ruled it out of order.

- Defiance.** Ford repeated he would not resign or step aside to seek help. The "few isolated incidents" of substance abuse were due to "sheer stupidity" rather than addiction, Ford said.
- Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

Keep up-to-date

Follow the Toronto scandal that has captured the attention of people all over the world.

- For the latest updates, visit metronews.ca.



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Dennis Oland. Family stands by son accused of killing businessman dad

Members of a leading business family in Atlantic Canada that made its name in the brewing industry rallied Wednesday behind one of their own, publicly declaring they believe Dennis Oland innocent of murdering his father.

Oland, 45, made his first court appearance facing a charge of second-degree murder. His mother, wife, two sisters, a cousin and his uncle were in the courtroom in Saint John to show their support.

"We are devastated that this nightmare for Dennis and

for all of us is going to continue," said a statement issued by his mother, wife and sisters. "We know that he will be found innocent in an objective and fair process in a court of law."

"We wish that the police would turn their attention to finding out who is really responsible for Dick's death."

Richard Oland, 69, was a well-known businessman and a member of the Order of Canada who was found dead in his office in Saint John in 2011.

THE CANADIAN PRESS

Guy Turcotte

New trial ordered in controversial child-murder case

Quebec's top court has ordered a new trial in the case of Guy Turcotte, whose non-conviction after stabbing his children to death

helped inspire changes in the justice system.

Turcotte stabbed his children as his marriage was falling apart in 2009, but was found not criminally responsible at his trial.

The controversial case made Turcotte a household name in Quebec and the verdict provoked a torrent of outrage. THE CANADIAN PRESS

Convicted grandmother to take part in inquest

Jeffrey Baldwin.

Coroner says Elva Bottineau, who starved her grandson to death, is 'intimately and intricately' linked to case

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his death.

Elva Bottineau was granted standing at the coroner's inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago in her care.

In his decision, coroner Peter Clark said standing must be given to anyone with a "direct and substantial interest" in a particular inquest.



Jeffrey Baldwin died 11 years ago while in his grandmother's care. CONTRIBUTED

"While the concept of Ms. Bottineau's participation at this juncture may be painful, I am bound to consider each application on its own merits, in a dispassionate and objective manner and with due con-

sideration for the principles of fairness and natural justice," he wrote in the ruling.

But the request was strongly opposed by lawyers representing the boy's surviving siblings and the office of On-

tario's advocate for children and youth, who said allowing her to take part in the proceedings would grant her a soapbox to defend her actions and revisit her conviction.

THE CANADIAN PRESS

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Tuesday, **November 26**, 5:00 to 8:00 p.m.
Four Points Sheraton, 10010-12th Ave SW
Edmonton, Alberta

Presentations at 6:00 and 7:00 each evening.



780.442.2294, email: annexation@edmonton.ca
web: edmonton.ca/annexation

Looting, gunfire prompt chaos alert after typhoon



Children who say they fled when armed men were seen in their village wait in Tacloban, central Philippines, Wednesday. Since the storm hit, authorities have struggled to stop survivors from looting homes, malls and garages for food, water and other goods. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Aid too slow for 600,000 displaced.
Homes and businesses targeted for food, water, other supplies

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon, setting off a wall collapse that killed eight people and carting off thousands of sacks of the grain, while security forces Wednesday exchanged gunfire with an armed gang.

The incidents in or close to the storm-ravaged city hosting international relief efforts add to concerns about the slow pace of aid distribution and that parts of the disaster zone are descending into chaos.

Five long days after Ty-

phoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of what promises to be a massive international aid effort are beginning to turn, but not quickly enough for the some 600,000 people displaced, many of them homeless, hungry and thirsty.

"There's a bit of a logjam to be absolutely honest getting stuff in here," said U.N. staffer Sebastian Rhodes Stampa against the roar of a C-130 transport plane landing behind him at the airstrip in Tacloban, one of the hardest-hit cities.

"It's almost all in country — either in Manila or in Cebu, but it's not here. We're going to have a real challenge with logistics in terms of getting things out of here, into town, out of town, into the other areas," he said. "The

reason for that essentially is that there are no trucks; the roads are all closed," he said.

Planes, ships and trucks were headed to the region, loaded with generators, water purifying kits and emergency lights — vital equipment needed to sustain a major relief mission. Airports were reopening in the region and the U.S. military said it was installing equipment to allow the damaged Tacloban airport to operate 24-7.

Since the storm, people have broken into homes, malls and garages, where they have stripped the shelves of food, water and other goods. Authorities have struggled to stop the looting. There have been unconfirmed reports of armed gangs of robbers operating in a systematic manner.

THE ASSOCIATED PRESS

Rapid relief experts

Canada's A-team on its way

Prime Minister Stephen Harper says the Canadian military's Disaster Assistance Response Team, or DART, is bound for the Philippine city of Iloilo.

Philippine authorities say the storm caused 162 deaths and destroyed 68,543 houses in the area.

Canada's DART team can provide basic medical assistance, engineering support and clean water from its sophisticated purification systems.

THE CANADIAN PRESS

Storm season just average: UN

In spite of the devastation Typhoon Haiyan has caused in the Philippines, it's been an average year for tropical cyclones, the UN weather agency said Wednesday in its annual climate report.

The World Meteorological Organization counted 86 tropical storms so far this year, just three short of the annual average since 1981.

They were unevenly spread across the globe.

The Atlantic saw its quietest season since 1994 in terms of the intensity and duration of tropical storms, according to the WMO report, which was released as UN climate talks were ongoing in Warsaw. Of the 12 named storms only two — Humberto and Ingrid —

reached hurricane strength. Both were Category 1 hurricanes, the lowest level.

The Western North Pacific, however, had recorded 30 storms by early November, above the annual average of 26, the WMO said. Thirteen of them were typhoons, including Haiyan, which struck the Philippines last week.

Storms that reach 119 km/h are called hurricanes in the Atlantic and typhoons in the northwest Pacific.

Typhoon Haiyan is one of the most powerful storms to make landfall anywhere, and it is feared to have killed thousands of people and affected more than nine million.

THE ASSOCIATED PRESS

French mag's cover sparks racism probe



French Housing Minister Cecile Duflot, left, and Justice Minister Christiane Taubira leave the Élysée Palace in Paris on Wednesday. The French government has opened a racism investigation after a far-right magazine cover compared Taubira to a monkey. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Black minister.

Publication refers to Christiane Taubira as 'crafty as a monkey'

The French government has opened a racism investigation after a far-right magazine compared the country's black justice minister to a monkey on its cover.

In a statement Wednesday, Prime Minister Jean-Marc Ayrault said he had brought Minute magazine to the attention of the Paris prosecutor, citing French law that forbids racist abuse.

The magazine's cover of Justice Minister Christiane Taubira says "Crafty as a monkey, Taubira gets her banana back."

Helene Valette, a spokeswoman for the magazine, said the cover was satire and accused the government of trying to distract the French from the country's real problems.

"Banana" can also mean smile in French slang.

"It's a front page with a play on words. There's nothing mean about it," Valette said.

THE ASSOCIATED PRESS

Locked in a gym bag, in a bathtub ... accidentally?

More than three years after the naked, decomposing body of British spy Gareth Williams was discovered stuffed inside a locked gym bag at the bottom of his bathtub, the mystery over his bizarre death lingers.

London's Metropolitan Police said Wednesday that their investigation had found that Williams likely died in an accident with no one else involved. But the tentative conclusion, which the police hedged by acknowledging many gaps haven't been filled in, is unlikely to calm conspiracy theories surrounding the case.

Metropolitan Police Deputy Assistant Commissioner Martin Hewitt said Williams, whose remains were discovered in August 2010, was "most probably"



Gareth Williams THE ASSOCIATED PRESS

killed in an accident, a verdict that conflicts with a coroner's inquest that concluded last year that Williams was probably killed by another person

in a "criminally meditated act."

Some have raised the possibility that Williams locked himself in the bag as part of a sex act gone wrong — a Houdini-like art of wriggling out of restraints. Investigators found that he had visited bondage and sadomasochism websites, including some related to claustrophobia — a desire for confinement in enclosed spaces.

However, police couldn't find Williams' DNA on the lock, palm prints on the rim of the bath, or footprints in the bathroom itself. The coroner, Fiona Wilcox, noted that if Williams had been "carrying out some kind of peculiar experiment, he wouldn't care if he left any foot or fingerprints."

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New fish type found among coral reefs of Indonesia

Genetically distinct.

It is unique in both its colouration and especially the rounded shape of its dorsal and rear fins and tail



This photo taken in July and released by Conservation International shows a new fish of the flasher wrasse species in Indonesia.
GERALD ALLEN/CONSERVATION INTERNATIONAL/THE ASSOCIATED PRESS

A new fish of the flasher wrasse species with striking orange colour and rounded fins has been found in Indonesia's coral reefs, a conservation group announced Wednesday.

Scientists from Conservation International and the Indonesian Biodiversity Research Centre discovered the species in East Nusa Tenggara province, said a statement from Conservation International.

The discovery was published in the latest Aqua, International Journal of Ichthyology.

The group said the species was named *Paracheilinus rennyae* in recognition of the scientific contributions of ichthyologist Renny Kur-

nia Hadiaty from the Indonesian Institute of Sciences.

The fish is known only from reefs off southwestern Flores Island and the Komodo National Park area. It is the 17th known type of flasher wrasse.

THE ASSOCIATED PRESS



Google Maps trek complete

Trekker Gregg Matthews, wearing a special Google-designed camera, completes the last mile of the Google Maps project to capture 360-degree images of Florida's 825 miles of beaches, Wednesday, in Miami Beach, Fla. The journey began in July.

WALTER MICHOT/THE MIAMI HERALD/THE ASSOCIATED PRESS

Vietnam

Rare mammal seen on camera

A camera trap in a forest in central Vietnam has managed to snap a photo of one of earth's rarest mammals, the saola, which hadn't been seen in 15 years.

The antelope-like, long-horned ox appears to walk through dense foliage at the edge of the camera's range in the image taken in September. Conservation group WWF released the image Wednesday, along with a statement saying the discovery renews hope for the recovery of the species.

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The saola

WWF/THE ASSOCIATED PRESS

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India's Central Bureau of Investigation director Ranjit Sinha is under fire for saying, "If you can't prevent rape, you enjoy it" at a news conference about legalizing gambling on Tuesday. MUSTAFA QURAISHI/THE ASSOCIATED PRESS FILE

Top Indian official rebuked for rape remark

Nationwide outrage.

Police official in hot water for saying, 'If you can't prevent rape, you enjoy it'

India's top police official apologized Wednesday for saying, "If you can't prevent rape, you enjoy it," a remark that has outraged women across the country.

Central Bureau of Investigation chief Ranjit Sinha made the remark Tuesday during a conference about illegal sports betting and the need to legalize gambling. The CBI is India's equivalent of the FBI.

Sinha said at the conference that if the state could not stop gambling, it could at least make some revenue by legalizing it.

"If you cannot enforce the ban on betting, it is like saying, 'If you can't prevent rape, you enjoy it,'" he said.

The remarks have caused outrage across India, which in the past year has been roiled by widespread protests following the fatal gang rape of a 23-year-

Changing the law

After the fatal gang rape of a woman in New Delhi this year, public outrage forced the Indian government to change rape laws such that:

- Repeat offenders can be given the death penalty.
- Stalking, voyeurism and sexual harassment are now crimes.

old woman on a bus in New Delhi.

On Wednesday, Sinha said that his comments had been taken out of context and misinterpreted, and that he was sorry if he had caused hurt.

Angry activists, however, called for his resignation.

"It is sickening that a man who is in charge of several rape investigations should use such an analogy," Communist Party of India (Marxist) leader Brinda Karat told reporters. "He should be prosecuted for degrading and insulting women."

THE ASSOCIATED PRESS

Social media

Teen in custody for tweets

Police say a Philadelphia teen faces charges in connection with a social media account that aimed to out "rats" in criminal cases.

Police say the 17-year-old was taken into custody Tuesday in connection with their investigation into a now-shuttered anonymous Instagram account titled "rats215," a

reference to Philadelphia's area code.

Police say the teen is alleged to have posted material from the Instagram account to his Twitter feed. The teen was charged with intimidation and terroristic threats.

The Instagram account had affidavits and photos of victims and witnesses in criminal cases.

A local paper has reported that the Instagram account had identified more than 30 witnesses. THE ASSOCIATED PRESS

Medicine

Baby born while mother on life support

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother's organs

— her heart, liver, kidneys and pancreas — were donated to four recipients two days after the delivery.

The mother suffered a stroke when she was 15 weeks pregnant. The baby was delivered via Caesarean section this summer at 27 weeks, weighing three pounds, 1.8 ounces.

The university in eastern Hungary said, "The child is healthy and developing normally."

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Motorola unveils new, much cheaper smartphone

Chit-chat on the cheap. Moto G designed for emerging markets, budget-conscious consumers

Motorola wants to equip the world with the latest smartphone technology at less than a third of the typical price.

The new Moto G phone starts at \$179 in the U.S. without a contract requirement. That compares with \$600 or more that people must pay for phones without traditional two-year service agreements.

Motorola, which is owned by Google Inc., said Wednesday that it will target an estimated 500 million people worldwide who can't afford phones costing more than \$200. In the past, the company said, those consumers were limited to phones with technology that's at least a year old and thus unable to run the latest apps and services.

The company is targeting not just emerging markets, but budget-conscious consumers in the U.S. Although people can often get phones with contracts at the lower price, service fees are higher because they include the cost of subsidizing those phones. And many people don't have good enough credit to qualify and are limited to so-called pre-paid plans, which aren't eligible for the subsidized prices.

With the Moto G, Motorola

Release rollout

- The phone starts selling in Brazil and parts of Europe on Wednesday.
- It will be available in Canada, parts of Asia and the rest of Europe and Latin America over the next few weeks.
- It is expected in the U.S., India, the Middle East and additional markets in Asia in January.
- Motorola expects to start selling it in selected African markets early next year.

is trying to offer a device that is closer to what's currently available on leading high-end phones, although it won't work on the faster 4G LTE networks emerging around the world. That's in part because many target customers are still on 3G or even older technology.

The phone's 4.5-inch screen, measured diagonally, is capable of high-definition video, but only at 720p, not at the better 1020p standard found in leading phones. The resolution is 329 pixels per inch, which is comparable to the 326 pixels in the latest four-inch iPhones but short of the 441 pixels in Samsung's five-inch Galaxy S4.

Motorola executives say they focused on features that mattered most to their target customers. **THE ASSOCIATED PRESS**



The new Moto G smartphone from Motorola will sell for \$179 US — less than a third of the typical cost. MOTOROLA SCREEN GRAB

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GT model with Technology Package shown.



ZOOM-ZOOM



Netflix. TV interface revamped for PS3, Roku, Xbox 360, smart TVs

Netflix has freshened up its user interface to access the streaming service on a TV, which is first being made available for the PS3, Roku boxes, the Xbox 360 and a number of Blu-ray players and smart TVs.

Like all of Netflix's major changes, a lot of testing and refining went into the new feature before it was cleared to be rolled out. In this case, although it's a relatively minor refresh to how users select films or shows to watch, it took a year to implement.

The top half of the screen will now be devoted to highlighting just one title, with a short description and a rotating set of images from the film or TV show. Surprisingly, those images were manually chosen for each and every title in Netflix's library.

"What we've done is we've built a tool that runs through

O Canada

Neil Hunt said Netflix has come to value the feedback it gets from testers in Canada, calling Canadians "the most satisfied customers of all of our customers around the world."

and picks out some interesting moments where there's a sharp scene and then we have our team of content experts — the guys who write the synopsis, who tag the content according to whether it's gritty or whether it features a strong female lead — they're now also selecting out of a handful of candidates the two or three graphics that pair up," said Neil Hunt, Netflix's chief product officer.

THE CANADIAN PRESS

Let's not waste time before wasting time

"It's designed to appeal and capture your interest much more quickly and help you decide if it's something that's appropriate for you or not in a couple of seconds." Neil Hunt, Netflix's chief product officer

Web awards. Metro worth sharing in print and online

Metro has won two silvers at the 2013 Canadian Online Publishing Awards.

The award ceremony, which is held in Toronto every year, honours the best digital work in mobile and desktop journalism.

Metro won for its mobile apps, which remain among the most popular news apps

in Canada, as well as for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

METRO

Taylor Swift is in on the Secret

The Victoria's Secret Angels worked their magic on the catwalk Wednesday, weaving between chart-toppers Taylor Swift and Fall Out Boy, and some fancy sets and stage tricks, yet somehow keeping the spotlight mostly on themselves.

The elaborate wings, shiny sequins and strategic flashes of skin certainly helped. Oh, and those Nicholas Kirkwood and Sophia Webster stilettos had the models towering over everyone else, too.

Swift donned a Union Jack costume and a sparkly silver mindress — not lingerie. She

did give a lively performance of I Knew You Were Trouble that got the New York crowd on its feet. Faux snow fell from the rafters, adding to the fantasy feel of the production.

Favourite models Karlie Kloss, Joan Smalls, Alessandra Ambrosio and Doutzen Kroes paraded in outfits that fit themes of Snow Angels, British Invasion, Shipwrecked, Snow Angels, Parisian Nights, Pink Network and Birds of Paradise.

The 18th Victoria's Secret Fashion Show will be shown as a one-hour special on CBS on Dec. 10. THE ASSOCIATED PRESS



Taylor Swift, left, walks with Lily Aldridge on the runway during the Victoria's Secret Fashion Show on Wednesday. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

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REQUIREMENTS OF THE POSITION:

- Customer service is a must
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Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Nov. 22nd, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Edmonton in the subject line. All submissions will be treated as confidential.

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Thursday, November 14, 2013



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called *Untapped Potential: Creating a Better Future for Service Workers*.

\$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as \$23,647 in Toronto.



45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.



Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors...



Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

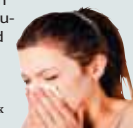
SOURCE: NEXCAREER

Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK



you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as an intrinsic positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control, too.



HE SAYS

John Mazerolle

metronews.ca

As you have perhaps surmised, I'm a little less gung-ho than your average running mag model, the sort who treat running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right

hand.

I'm also about as light on my feet as those AT-AT walkers from *The Empire Strikes Back*. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than,

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I can't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lay stagnant on my couch.

Unless *The Empire Strikes Back* is on.

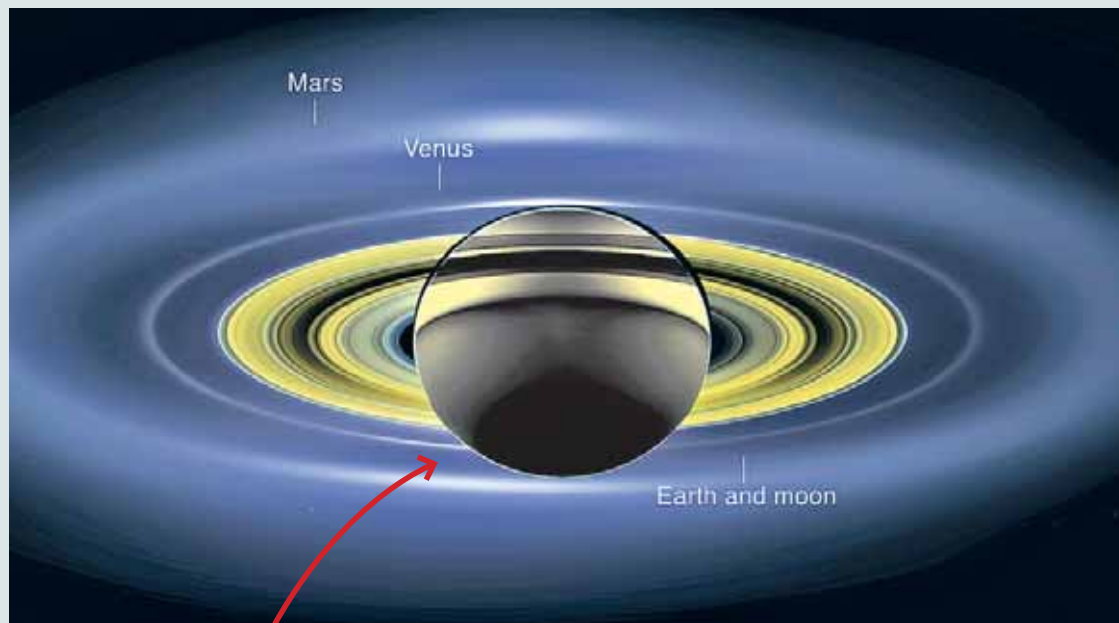
That's different.

It changed my life.

(This column was originally published in *Metro* in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B

km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait



HANNAH ZITNER

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With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

Hipmunk:

Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:

One-stop shop for hotels,

flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:

Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.



ISTOCKIMAGES

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ld-nont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of



the population, they always seem to work out well.

@KevinLabonte: 75% of bike related accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, let's build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



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2
SCENE

Step right up and into refinery's twisted funhouse festivities

Art Gallery of Alberta.
Party inspired by
The Intellection of
Lady Spider House



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

Before your social calendar becomes fully booked with holiday parties, the Art Gallery of Alberta (AGA) has decided to squeeze in another one of their popular late-night refinery parties before the end of the year.

Inspired by the gallery's current labyrinth haunted-house exhibition, *The Intellection of Lady Spider House*, a funhouse theme was born. The gallery knew only one curator could pull off the stark, exhilarating evening. So, they tracked Kristine Nutting down while she was in Berlin.

It just so happened Nutting was able to relate her work in Berlin to what the AGA was after.

She speculates, "Maybe someone there heard of the work I was doing or they thought my recent studies would be good."

The Edmonton-based artist has been working in Germany's Transart Institute doing large scale shows that are known for being grotesque, yet entertaining.

She says it was easy for her to run away with the funhouse theme because so much of her work has fo-



Let the fun begin with the funhouse refinery on Saturday. COURTESY ART GALLERY OF ALBERTA

cused on outsiders.

"I felt my role was to connect with artists who haven't been shown in this type of framework, gallery or even professionally at all," she says of the creative and planning process.

She brought in Kamil Krulis, a member of Calgary's self-described "dysfunctional" rock band The Slabs.

"He has a very strange stage persona to the point you can't tell if he is performing or if it's just him. I

Details

- Refinery parties are 18 plus shows
- Tickets are \$45 for general

admission.

- Discounted entry for AGA members

love that and I think people will enjoy that," she says.

"Other artists I chose are of the same yoke; they aren't typically seen because they are doing art that doesn't necessarily make sense or is en-

tirely digestible in the realm of performance."

And with the event taking place at night, Nutting wanted to "hook into the uncanny."

"There is something

slightly disturbing and fun you can't quite put your finger on."

The festivities kick off at 9 p.m. on Saturday and Nutting can't wait. She says pulling off the event has been a huge organizational accomplishment given the complexities of the performances.

Remaining tickets are now on sale to the public. For more information, visit youraga.ca/funhouse-refinery.

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Overexposed or underappreciated?

Pop art of Lady Gaga is all over, continues to inspire debate

There's just one way to escape the blitz surrounding Lady Gaga's new album: completely unplug from society.

To kick off the release of her new album, Artpop, this week, the entertainer, never known for understatement, has been omnipresent.

She began with a huge release party Sunday, where she debuted Volantis, billed as the "world's first flying dress." She floated about six feet above the floor before performing at the event, streamed live on Vevo.

The next day, she opened pop-up Artpop stores in New York and Los Angeles, where Gaga-related merchandise was sold, and she was one of the main honourees at Glamour's Women of the Year ceremony. On Wednesday, she was due to appear at the opening of an H&M store in New York's Times Square.

She's scheduled to tackle hosting and performance duties on NBC's Saturday Night Live, and she re-designed the Life section logo of USA Today in her image — the first time the newspaper has had a celebrity do so. The newspaper also featured an interview with the superstar. And a concert special with Ryan Seacrest is set to air on the CW Network next week.

Gaga's publicity push leading up to the debut of Artpop could be described

Gamble

"She's presenting an artistic view of pop music that's a lot more challenging than anything else that's even approaching the top of our charts now. She is risking her top success for the sake of art, and I think a lot of people don't get that."

Bill Werde, Billboard's editorial director.

much like the singer herself: eye-catching, unique, daring and, of course, over the top. It comes amid mixed reviews for the album, the departure of her longtime manager and questions about whether Gaga-mania might be on the wane outside her core Little Monsters. The album's first single, Applause, remains a top 10 hit, but was considered a bit of an underperformer compared with her previous hits.

Bill Werde, Billboard's editorial director, thinks folks wondering if the 27-year-old is approaching her expiration date are missing the point.

"She's presenting an artistic view of pop music that's a lot more challenging than anything else that's even approaching the top of our charts now. She is risking her top success for the sake of art, and I think a lot of people don't get that," Werde said after viewing Sunday's show online.

"You have to really appreciate how conservative most pop fans are in the world. They don't necessar-

ily want their music dipped in art. They don't want to see pop stars come out for a performance wearing a terrifying scarecrow mask," he added.

It's what we've come to expect from Gaga, however. Her career has been as much about performance art as music. After all, this is the woman who has paraded around in a dress made of meat, assumed a male alter-ego for an awards show, arrived at another in an egg and stripped naked onstage in Europe last month.

"She's definitely one of the most iconic artists that we have on the planet," said hitmaker David Guetta, who worked with Gaga on her new album. "I like the way that she works because she's just an artist. I don't see her as belonging to one school. She's just art. Even though it's pop music and it can ... have emotional (aspects), pop can also be very commercial. And I like the way that she's doing pop in a very artistic way."

Some have questioned how much her approach resonates these days, especially when Miley Cyrus draws weeks of headlines by twerking onstage at the MTV Video Music Awards. Gaga's performance at that show barely rated a blip at the water cooler the next morning.

Gaga's supporters, though, warn against viewing her in the short term. They believe she's built something more durable.

Artpop is Gaga's fourth full-length album, and comes after a forced hiatus. A hip injury sidelined her and forced her to cancel her tour last year.

THE ASSOCIATED PRESS



Lady Gaga unveils a sculpture of herself by artist Jeff Koons during the Artpop album release and artRave event at the Brooklyn Navy Yard on Sunday in New York City. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

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Chestnut is among director's Holiday best men



NED EHRBAR
Metro World News in Hollywood

It's been nearly 15 years since Morris Chestnut starred in *The Best Man*, and now he's re-teaming with Taye Diggs, Terrence Howard, Harold Perrineau and writer-director Malcolm D. Lee for a long-awaited sequel, *The Best Man Holiday*. Metro took a trip down memory lane with him.

So was your character's football background your idea or Malcolm's?

We're both big football fans. I've been playing football

and loving football all of my life. Before I loved little girls, I loved playing football. So a lot came from me. The funny thing about it is the two roles I'm most remembered for are *Boyz n the Hood* — where I played a football player — and this one, where I play a football player.

So, 14 years later. How much does that mess with your head?

You know, it doesn't really mess with my head. We know it's been a long time, and we've seen each other throughout the years, some of us have hung out, some

of us haven't. I'm just proud that the studio feels either the content of the movie or the title of the movie or the actors in the movie are still relevant to where they think that it can make some money.

When you reunite with the cast members you haven't seen in a while, is it a sort of reality check about aging?

You know, the great thing that Malcolm did was a week before we started filming, we all watched the original together. That brought me back to some places emotionally, and even brought up some things about my character that I didn't remember since it's been a long time. Whenever I see a movie of mine on TV, I don't watch it. I hurry to change the channel. Sitting there watching that movie from beginning to end, it just brought back a lot of different things. When we started filming I was like, "Do you want me to wear a wig? What do you want me to do? Because the characters had hair last time, and now Taye and I don't have hair."

The characters have all done quite well for themselves.

To be honest, I think that was what was so interesting and refreshing about



From left, Taye Diggs, Morris Chestnut, Harold Perrineau and Terrence Howard in a scene from *The Best Man Holiday*.
MICHAEL GIBSON/UNIVERSAL PICTURES/THE ASSOCIATED PRESS

the first one. It was the first movie of its kind where you really see black professionals. You had Jordan, Nia Long's character, who was a big-time TV executive. You had Harper, Taye's character, who was a writer, an intellectual job. You have those types of images that I think people wanted to see.

You had your films like *Boyz n the Hood*, *New Jack City*, where you're showing street life and drug life and all that. But seeing those positive images on screen, I think that's what was refreshing for the first one.

Speaking of sequels, do you think there will be any more Kick-Ass movies?

Ah, man. I don't think so, I don't think so. I think after that one, they're done with those for right now, unfortunately.

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James Franco on As I Lay Dying

Turning books into movies. Franco views it as a challenge to translate seemingly unfilmable works

NED EHRBAR
Metro World News in Hollywood

As you may have heard, James Franco's been busy. In addition to being a prolific actor (he squares off against Jason Statham in *Homefront* in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's *As I Lay Dying*, which played at the Toronto Film Festival this year along with his adaptation of Cormac McCarthy's *Child of God*, has just arrived on DVD. And in addition to *Actors Anonymous*, his new book of short



James Franco. GETTY IMAGES

stories, Franco is promising an adaptation of Faulkner's *The Sound and the Fury* next.

Franco on literary adaptations

"What I figured out with even my short films based on poet-

ry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains.

"There are stories that I love that I just don't think would be told. *As I Lay Dying* has been around for 80 years. Nobody's made it. So I made it.... When people love a good book it's not just because of the story; it's because of the

way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Franco on Franco

"The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up

with public image, celebrity and our relationship to that," Franco says. "So I'm in a position where I do have a public image in, I guess, a very public way. But I really view that — my relationship to my public image — as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

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Asa Soltan Rahmati is a self proclaimed "Persian Pop Priestess." CONTRIBUTED

She's a survivor and she's gonna make it — no thanks to the haters

The Shahs of Sunset. Self proclaimed 'Persian Pop Priestess' Asa is intent on making her Diamond Water company work despite her frenemies

ALEX
KHATCHADOURIAN
Metro World News in NYC

Asa Soltan Rahmati is a busy woman. The Shahs of Sunset just returned for a third season, but filming her drama-filled reality show isn't the only thing the self-proclaimed "Persian Pop Priestess" has been up to. Since we last saw her on her Bravo show, Rahmati has launched a boutique alkaline water company, Diamond Water, created a collection of artwork and fashioned an entire business around her Priestess image. Sure,

Rahmati has her fair share of haters — including some of the fellow Shahs she calls friends — but, if you ask her, that doesn't stop her from getting what she wants.

It seems like a lot of great stuff has happened for you lately. We'll see the launch of Diamond Water this season right? How was that experience?

You know what? It's been kind of amazing. Diamond Water is not just a spinoff of the Bravo show, where somebody just puts his or her name on a product. This is really my baby. This season you will see, from A to Z, how I struggled in creating the business and everything else that goes into the really intimate process of making Diamond Water.

Have the other "Shahs" been supportive of your new venture?

No, there was definitely

some hater-ation, and some naysayers talking s—. But you know what? I'm a survivor and everything I have, I have worked hard for. Diamond Water is my dream. Nobody else has to believe in it except for me, so I don't care what other people say.

Where do you find inspiration for your art?

Art has always been a vehicle of therapy for myself. I'm able to process the pain I went through living as a refugee in an immigrant ghetto in Germany. A lot of my work has to do with identity and living between cultures. Whether it's with my music or with my visual art, there always seems to be some sort of eastern/western gangster flair to it. It's always been art, life and love, all melted together for me.

You're the self-proclaimed "Persian Pop Priestess." What's that all about?

I learned at a young age that we have so much that makes us who we are. The main things are love and humanity, but mainly love. I kind of became a spiritual gangster really early on. The Priestess is really a spiritual gangster. Love by all means necessary. Not in that weird hippie way, but in a true, primal way.

What's one moment this season that meant a lot to you?

This season is seriously epic. When I do my art show, it deals with the three phases of my life, of my childhood. I basically worked with old family pictures and I projected the images through a video projector and danced in front of it. It was a personal piece for me and propelled me to organize a family reunion in Turkey with my family that's still in Iran. I haven't been able to see them for 30 years because of my refugee status, and not being allowed to go back.

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The who's who of Marvel's Netflix TV deal

Last week, Netflix announced that they will be developing four new series based on iconic, yet lesser-known characters from Marvel's repertoire of superheroes, and this week, they've announced some of the big writers behind the scripts. Daredevil, Jessica Jones, Iron Fist and Luke Cage series will begin streaming on the site in 2015. The four will also be featured in a Netflix-exclusive miniseries called *The Defenders*, which is about a team of unlikely heroes who are willing to sacrifice themselves for the greater good. Here's what you need to know about these four superheroes:

MICHELLE CASTILLO
Metro World News

Daredevil

Why him? The New York City lawyer lost his sight when a radioactive substance fell on him. Now, he goes around fighting crime utilizing his supernatural radar abilities, proving justice is truly blind.

Best part of comic:

When Frank Miller took his turn at penning the crusades of the blind hero, he contributed most of the iconic parts of the series. We learned that Daredevil was trained by a ninja clan known as the Chaste. But it didn't bode well for him that he fell in love with Elektra, a ninja assassin trained by rival ninja clan the Hand. Cabin in the Woods co-writer Drew Goddard is now behind the series.



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Iron Fist

Why him? Through his martial arts studies, he was able to obtain dragon Shou-Lao's superhuman energy. This gave him strength, speed, stamina, durability, agility reflexes and senses — plus ninja sensibilities. He's mastered his chi, so he can heal himself or others and has limited telepathic abilities.

Best part of comic:

The martial arts hero has been able to defeat many opponents, including Sabretooth, Master Khan, the Steel Serpent and death itself. Part of his motivation comes from the fact that his parents gave up their lives to save him as they searched for the city of K'un L'un, which is inhabited by aliens from another dimension.



Jessica Jones

Why her? A freak accident with radioactive chemicals killed her family while she was in high school, but also left her with limited flight and invulnerability powers and super strength.

Best part of comic: She's gone by several names, including Jewel, Knightress and Power Woman, but she's best when she's working as an investigative journalist or detective. Oh, yeah, she's also Luke Cage's leading lady. Melissa Rosenberg, screenwriter for *The Twilight Saga*, is writing this one.

Luke Cage

Why him? Due to illegal prison experiments that were done to Luke Cage when he was wrongly convicted, he's got superhuman strength, unbeatable stamina and skin so thick that it's nearly impossible to hurt him. This black superhero was rumoured to get his own film, but it seems like Marvel will be testing out his popularity on Netflix.

Best part of comic: Cage is an entrepreneur and is known for starting the Heroes for Hire business, where you can pay a fee to have a superhero solve your problems. He knows how to be a team player and has worked with Iron Fist, Daredevil and Jessica Jones (more on that later). He was also a member of the New Avengers.



Twitter



@katyperry
Emojis are really just ancient hieroglyphics.



@Louis_Tomlinson
Can't wait for ps4!!!!



@pattonoswalt
Me: Hello darkness, my old friend. Darkness: I aintcher friend, chubs.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney.

When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try.

"You know what? I've spoken a lot about my Taylor and I don't want

to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up."

And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."



Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence France-Press, since the venue

where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."



Zac Efron

Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That

Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut. Efron also reportedly sustained a gash that required stitches in the fall.

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Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy esthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits.

When H&M contacted me and asked if I would like to collaborate I felt it was a great honour.

I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?

All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend

hours in front of the mirror. I think the

improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?

It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."

Isabel Marant

never say never.

There are plenty of basics in your collection — what are your personal wardrobe musts?

The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

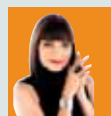
If you have that, you have everything. C'est tout!

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.

CONTRIBUTED



Twitter



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Jeanne Beker
life@metronews.ca

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With the awesome-inspiring Stephen Lewis @Aids_free_world Tomorrow is Stephen's 76th birthday! Happy Birthday! #hero



With my gorgeous mom at Zareinu fashion benefit. A privilege to be hosting once again! Can't wait to see the kids!

Comfort food gets healthy with this stew-pondous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)



This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay

leaves and serve. I like this smothered over brown rice or whole wheat couscous.

ALL RECIPES EXCERPTED FROM THE HEALTHY ITALIAN: COOKING FOR THE LOVE OF FOOD AND FAMILY BY FINA

The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scropo is out to change that. Her book, *The Healthy Italian*, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, *The Healthy Italian* is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. **METRO**



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Putting the sweet in potato and fresh herb croquettes



This recipe makes 25 to 28 croquettes.

1. Cut potatoes in half and cover completely in a pot of water. Bring to a boil and cook for 30 minutes, until tender when centres are poked with a fork. Drain and let cook slightly.

2. Remove skins and hand-mash potatoes in a large bowl until completely mashed. Add milk and butter and toss to cool a little more before handling. Add egg, cheeses, garlic, parsley, basil, salt and pepper; toss well to combine. Refrigerate mixture for 30 minutes.

3. Preheat oven to 425 F.

4. Pour bread crumbs into shallow dish or pie plate, half at a time to avoid clumps. Pour egg white into another shallow dish. Measure out 2 heaping tbsp of potato mixture and shape into 1 x 3-inch-long rolls. Coat with bread crumbs, dip one side into egg white and roll in the palm of your hand to coat all sides, then dip again into bread crumbs. Place on

a baking sheet lined with foil paper. Spray tops and sides (about 5 seconds) with cooking spray and cook until golden, about 20 to 25 minutes on middle oven rack.

Ingredients

- 3 large baking potatoes
- 1 large sweet potato
- 2 tbsp 1% milk
- 1 tbsp light butter, melted
- 1 egg, beaten
- 1/4 cup shredded light provolone or part-skim mozzarella cheese (91 oz/28 g)
- 4 tbsp freshly grated Parmigiano-Reggiano cheese
- 1 clove garlic, minced
- 1/4 cup minced fresh parsley
- 2 tbsp minced fresh basil
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- 2 cups spelt bread crumbs
- 1/2 cup egg white

Appetizer. Pan-Seared Tuma With Red Peppers



This recipe makes 10 servings.

Ingredients

- 1/4 cup uncooked quinoa
- Pinch sea salt
- 1/4 cup egg white, beaten
- 12 oz (330 g) tuma cheese
- 1/4 cup roasted red peppers, or store-bought roasted red peppers

1. Add quinoa into the bowl of a mill or coffee grinder and whirl until it reaches a near flour consistency (alternatively, you can use quinoa flour). Combine milled quinoa with salt

in a shallow bowl or pie plate. Pour egg white in another small bowl.

2. Cut tuma thinly into 1/2-inch strips, about 2 x 3 inches in size — you'll get about 10 strips. Dip strips into egg white, then press into quinoa flour until well coated.

3. Heat a medium non-stick skillet on high heat; coat with cooking spray. Add tuma and sear until lightly golden, about 2 minutes on each side. Serve hot topped with strips of roasted red peppers.

Multi-purpose furnishings are of utmost importance when living in small or shared spaces. Double-duty is the way to go when it comes to bulky pieces, so I've scooped up the best alternative dining tables for those urban homeowners who rarely entertain. Are you looking to simply save some space? Check out these table options.



**DESIGN
CENTRE**
Karl Lohnes
home@metronews.ca

In the living room

Eating and watching television has just been elevated in a stylish manner. Scout Functional Coffee Table, \$800, eq3.com.



1

5 tables with a twist

In the kitchen

When flipped down it acts as a shelf for small objects. When up it's dining for one or a great laptop station. Bjursta wall-mounted, drop-leaf table, \$50, ikea.ca.



4

In the home office

Roll your desk into the living room and add chairs. Go-Cart Bright Orange Desk, \$170, cb2.com.



2



3

In the foyer

A 9.5-inch deep console folds out into a 36 x 65.5-inch dining table for dinner parties. Span White Gateleg Table, \$395, crateandbarrel.com.

In the closet

Play cards or dine informally, then store this set away easily under the bed or in the closet. Five-piece Folding Wooden Games Table and Chairs Ensemble, \$350, sears.ca.



5

Design that grows up with the young'uns

Decor. Families are investing in quality pieces for kids' rooms so furniture can span childhood and beyond

Instead of constantly updating children's bedrooms, parents are embracing timeless design and decor that can last throughout childhood.

Combining quality core pieces like the bed, dresser and a desk with paint and lighting that can be easily changed to suit a child's tastes as he or she matures is how Tracey Lamoureux creates a space that endures.

"We get requests from people who want more of a timeless look that can grow with the age of their children," said Lamoureux, principal designer at Victoria's Creative Spaciz.

"By changing a paint colour, the whole room can have a more mature feel. Paint is such an easy way for people to change their child's space over the years. We try to go for something that has a more timeless look that can take the child from five years old to 18, 19 or 20."

Lamoureux is currently working on two children's spaces, including a bedroom

Sleeping in a playground

"Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

Kristine Hageland, Victoria-based interior designer

shared by two brothers.

Her clients requested she incorporate fun elements based on their different ages but that can also grow with them as their needs change.

"The older boy's bed is raised up and has a desk underneath it, and is being anchored by a tree in the corner. He climbs up the tree to get to his bed," she explained. "The younger boy has a tree beside his bed, but the bed is on the ground with storage underneath."

Lamoureux is also using chain and rope to create a playground look in the bedroom that includes things the brothers can climb and hold onto.

Kristine Hageland, Victoria interior designer and instructor at the Pacific Design Academy, agrees with Lamoureux's approach to investing in quality furnishings.

"Families are investing in beautiful pieces in children's rooms they envision integrating into other rooms in their home," said Hageland. "It's not just nursery furniture; it's pieces they want to keep using afterwards."

According to Hageland, families are opting for rooms that are less kitschy and more gender-neutral than they once were.

"I think the approach to bedrooms is changing away from the overly themed and cute rooms," she said. "I keep seeing nurseries that are more modern and they don't have little trains. There are kids' toys, but they don't have a train going around the room."

In addition to using modern paint colours like white and grey, Hageland said parents are embracing the trend

toward wallpaper and incorporating that into kids' spaces.

"I've been seeing a lot of wall coverings," she said. "People have been taking a lot of modern wall coverings and using more kid-friendly colours to create a balance between modern trends and what a kid might like."

While there may be a lot of decisions around paint and furnishings, according to

Hageland the most important thing is to create a space both parents and children want to spend time in.

"It should also be warm and inviting, and easy for kids," she said. "Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

THE CANADIAN PRESS



Victoria-based designer Kristine Hageland says incorporating a swing or fort is a favourite way to make a kid's room warm and inviting. ISTOCK

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Weather the winter in a warmer home

DIY. With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects. With minimal tools or experience, it's easy to fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

Slip on a water heater blanket

Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the budget, quickly installing a blanket is an affordable way to prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a professional to avoid potential fires.

Install plastic window insulation

Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy efficiency windows, they're an expensive investment and are best installed in the spring or summer.

For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm. Simple to install and barely visible, the sheets are easily peeled off in the spring.

Caulk the windows

For a more permanent fix, consider getting out the old caulking gun and resealing windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning.

Next, pick the proper caulking

DIY Network

- For more ideas on creating the best home for your family, tune in to Family Under Construction, Tuesdays at 10 p.m. on DIY Network Canada.

ing with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.

Insulate with a storm door

In the summer months, storm doors are excellent for letting in extra sunlight and increasing ventilation. In the winter, they provide an added layer of insulation and are great for locking out the cold. Most storm doors come in kits that make it easy to install in an afternoon. For the most savings, look for a door with a high energy efficiency rating.



Resealing windows with a caulking gun can help block out cold drafts. ISTOCK

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Burke bounced by Bombers

CFL. Move makes way for new general manager to pick his own man behind the Winnipeg bench

Wade Miller has pressed the firing button again.

The Winnipeg Blue Bombers announced Wednesday the firing of head coach Tim Burke. Miller said the move was made Tuesday, after the "acting" tag was removed from his title of president and chief executive officer.

When Miller was put in the acting role in August, his first move was axing general manager Joe Mack.

Although Kyle Walters is the team's acting GM, Miller explained why he let Burke go rather than wait for a GM to decide his fate.

"I believe that it was the right step for this organization," he said at Wednesday's press conference.

"Typically, a new general manager is going to want to hire his own person, and I believe now that we've set that path for a new general manager to be able to make his

The search begins

The Bombers will have some competition searching for a new coach with vacancies for the same job also in Edmonton, Ottawa

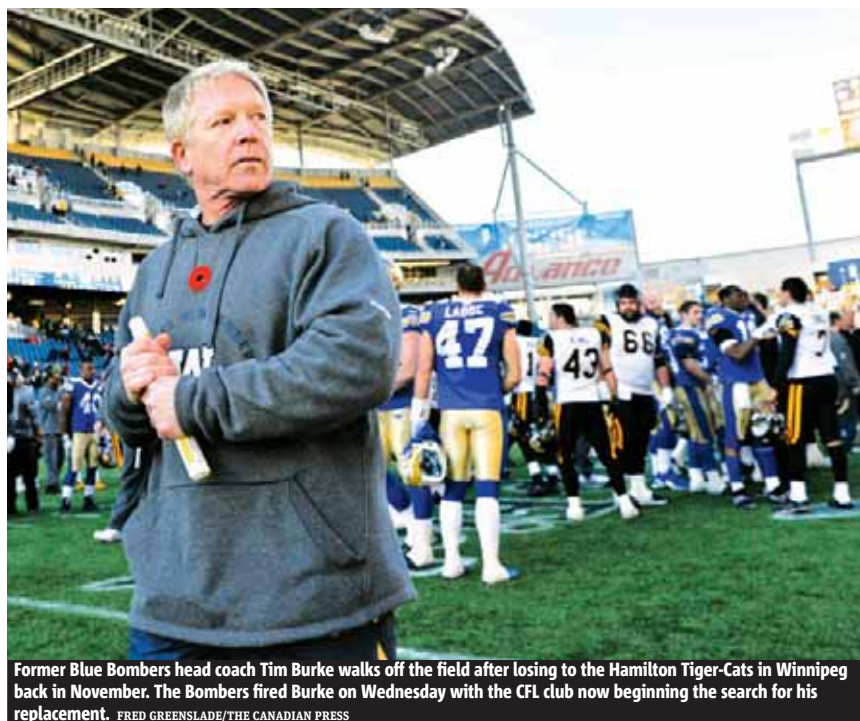
- Some names to be considered as possible replacements for Burke: Montreal senior advisor Doug Berry; Former Edmonton coach Kavis Reed; Calgary offensive co-ordinator Dave Dickenson; Riders' QBs coach Khari Jones; B.C. offensive co-ordinator Jacques Chappelaine and Toronto asst. coach Chris Jones.

own determination of who his head coach should be.

Burke became Winnipeg's interim head coach in August 2012 after Mack fired Paul LaPolice. He was given the job last November.

The Bombers finished with a league-worst 3-15 record this season, tying the club's lowest mark in an 18-game season. They were 7-21 under Burke's leadership.

All the assistant coaches are on contracts that are up this year, Miller said, adding



Former Blue Bombers head coach Tim Burke walks off the field after losing to the Hamilton Tiger-Cats in Winnipeg back in November. The Bombers fired Burke on Wednesday with the CFL club now beginning the search for his replacement. FRED GREENSLADE/THE CANADIAN PRESS

he's open to Burke staying with the team because he's got good character and has excelled as a defensive boss.

Burke is receptive to that

and wants to meet the new head coach, said Miller, who'll be involved in the interview process with the GM.

Miller acknowledged

Burke was in "an extremely tough spot when he took over." And it got worse this season.

THE CANADIAN PRESS



Johnny Hendricks fights Montreal's Georges St-Pierre at this Saturday night's UFC 167. SARAH GLENN/GETTY IMAGES

UFC 167. Hendricks, GSP spar over doping

The fight isn't until Saturday night but the gloves came off Wednesday in the buildup to UFC 167.

"I can't wait to freaking deck the crap out of him," challenger Johnny Hendricks said of UFC welterweight champion Georges St-Pierre. "I want his eyes to roll back in his head. That's my goal."

The two fighters' bickering over drug-testing boiled

over Wednesday when Hendricks, apparently irate at a comment GSP made in a TV interview, essentially accused St-Pierre of using performance enhancing-drugs.

"Have you seen him in the last two months," Hendricks asked. "He's shrunk a little bit hasn't he?"

Hendricks (15-1) also pointed to St-Pierre's buff body in the cage after rehy-

drating.

"Check out my pictures, I'm fat ... You don't gain 15, 20 pounds and still get that form. Everybody bloats a little bit. You don't put 20 pounds of water in your system without ballooning."

Hendricks will weigh in Friday at 170 and then enter the cage Saturday night at around 195-200.

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AMVIC LICENSEE

4-Sports

Parise rallies Wild to shootout win over Leafs



Minnesota Wild right winger Nino Niederreiter collides with Toronto Maple Leafs goalie Jonathan Bernier during the first period of Wednesday's game in St. Paul, Minn. ANN HEISENFELT/THE ASSOCIATED PRESS

NHL. Late third period goal paves the way to Minnesota victory

Zach Parise and Jason Pominville scored in the shootout, lifting the Minnesota Wild to a 2-1 victory over the Toronto Maple Leafs on Wednesday night.

Parise tied the game late in the third period for Minnesota, which has won five of six and is 8-1-2 in its last 11. The Wild have been involved in three straight shootouts — winning two.

Mason Raymond scored a power-play goal for Toronto, which has scored just three regulation goals in its last four outings. Jonathan Bernier had 33 saves.

In the shootout, Parise beat Bernier low on the left side before Josh Harding stopped Raymond. Mikko Koivu was stopped by Bernier and Phil Kessel lost control of the puck

On Wednesday

2

Wild

1

Leafs

before Pominville beat Bernier through the pads for the win.

Parise tied it with 4:17 to play in regulation when, after a turnover by Kessel, Charlie Coyle's shot from low on the right side deflected off Parise's skate and into the net.

Harding had 19 saves in relief of Niklas Backstrom.

Starting his first game since Oct. 28, Backstrom was run over by Toronto's Nazem Kadri 7 minutes into the game and eventually made his exit with 10:31 left in the period. Kadri was assessed a match penalty for illegally hitting Mikael Granlund in the head in the third period. **THE ASSOCIATED PRESS**

NHL. Sabres bring Nolan, LaFontaine back to Buffalo

The Buffalo Sabres are turning to their past to help turn the struggling franchise around.

The club cleaned house by firing general manager Darcy Regier and head coach Ron Rolston, and bringing back former star Sabres forward Pat LaFontaine and former head coach Ted Nolan.

LaFontaine was named president of hockey operations Wednesday and Nolan will serve as interim head coach. **THE ASSOCIATED PRESS**

Quoted



"I may have left physically, but emotionally and spiritually, I never really left."

Sabres interim head coach Ted Nolan began his NHL coaching career in 1995 and went 73-72-19 in two seasons with the Sabres before leaving the team in a contract squabble after being named the league's coach of the year.

NHL

Schenn leads Flyers over Pens

Brayden Schenn scored two goals and backup goalie Ray Emery stopped 30 shots to lead the Philadelphia Flyers in a 2-1 victory over the Pittsburgh Penguins on Wednesday night for their third straight victory.

Schenn, who had a goal and an assist during Philadel-

phia's 5-0 win against Ottawa the previous night, opened the scoring late in the first period and got the tiebreaker late in the second. Emery got the start one night after Steve Mason shut out the Senators.

Penguins' captain Sidney Crosby scored his ninth goal of the season for the Penguins. Marc-Andre Fleury made 19 saves for Pittsburgh, which has lost three straight.

THE ASSOCIATED PRESS

Cycling

IOC president not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed. **THE ASSOCIATED PRESS**

NBA

Gay keys Raptors' win over Grizzlies

Rudy Gay scored 23 points in his return to Memphis and Kyle Lowry added 21 to help the Toronto Raptors beat the Grizzlies 103-87 on Wednesday night.

Gay, who was part of a Jan. 30 trade that sent him to the Raptors after spending his first 6-plus years in the league with Memphis, was 8 of 18 from the field.

THE ASSOCIATED PRESS

MLB. Scherzer, Kershaw clean up in Cy Young vote

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers breezed to baseball's Cy Young Awards Wednesday.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after posting a 1.83 ERA — lowest in the majors in 13 years.

"This is such a cool thing. I can't even explain what it means to me," Kershaw said in an interview on MLB Network. "It really is a huge honour."

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes from members of the Baseball Writers' Association of America. Adam Wainwright of the St. Louis Cardinals was picked first on one ballot.

Kershaw went 16-9 and topped the NL with 232 strikeouts. He also won the Cy Young Award in 2011 and finished second last year to knuckleballer R.A. Dickey.

Scherzer took the AL honour after leading the majors with 21 wins. He received 28 of 30 first-place votes.

The right-hander lost only three times and was the lone 20-game winner in baseball. He ranked second in the majors with 240 strikeouts and was

Chip on his shoulder



"I want that ring."

NL Cy Young winner Clayton Kershaw, who has been an all-star the past three seasons while putting up eye-popping statistics. Now, he said, the only thing left for him to do is win the World Series.

fifth in the AL with a 2.90 ERA.

Scherzer smiled and raised both arms when the results were announced.

"It's unbelievable. It just vindicates everything I've done," he said, acknowledging all the run support he received from Detroit's powerful lineup probably helped his candidacy.

"I've been working so hard all these years to get better and better," he added. "I think I took a big step forward in 2013."

Yu Darvish of the Texas Rangers was second, marking the highest finish by a Japanese-born pitcher in Cy Young voting. Hisashi Iwakuma of the Seattle Mariners came in third.

The AL and NL Most Valuable Player awards will be presented Thursday.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	18	7	10	1	33	45	15
Columbus	17	6	10	1	44	50	13

Wednesday's results

Minnesota 2 Toronto 1 (SO)
Philadelphia 2 Pittsburgh 1

Dallas at Edmonton

Tuesday's results

Buffalo 3 Los Angeles 2 (SO)
Carolina 2 Colorado 1
NY Islanders 3 Nashville 1
Washington 4 Columbus 3 (OT)
New Jersey 3 NY Rangers 2
Winnipeg 3 Detroit 2 (SO)
Florida 3 Anaheim 2
Philadelphia 5 Ottawa 0
Tampa Bay 2 Montreal 1 (SO)
Phoenix 3 St. Louis 2 (OT)
San Jose 3 Calgary 2 (OT)

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)

Saturday, Nov. 23 — All times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24

Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7

East champion vs. West champion, 4 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Winnipeg	20	9	9	2	53	57	20
Dallas	17	8	7	2	46	52	18
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern

Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Friday's games
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan

Sunday, Nov. 24

East champion vs. West champion, 6 p.m.

NFL

Thursday's game — All times Eastern

Indianapolis at Tennessee, 8:25 p.m.

Sunday's games

Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday, Nov. 18
New England at Carolina, 8:40 p.m.

NBA

Wednesday's results

Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto 103 Memphis 87
Minnesota 124 Cleveland 95
New York 95 Atlanta 91
San Antonio 92 Washington 79
L.A. Lakers at Denver
New Orleans at Utah
Brooklyn at Sacramento
Phoenix at Portland
Oklahoma City at L.A. Clippers
Tuesday's results
Miami 118 Milwaukee 95
Dallas 105 Washington 95
Golden State 113 Detroit 95
L.A. Lakers 116 New Orleans 95
Thursday's games
Houston at New York, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.
Friday's games
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

Taurus

April 21 - May 21

One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

Gemini

May 22 - June 21

There is no reason at all why you should not be taking risks that can benefit you personally.

Cancer

June 22 - July 23

Times may be tough but you are tough enough to face them and make something good of them.

Leo

July 24 - Aug. 23

Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

Virgo

Aug. 24 - Sept. 23

There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

Libra

Sept. 24 - Oct. 23

Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

Scorpio

Oct. 24 - Nov. 22

Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

Sagittarius

Nov. 23 - Dec. 21

You may want to help a friend in need but you also realize that they must learn from their own mistakes.

Capricorn

Dec. 22 - Jan. 20

The future is not something you should be looking forward to and planning for – the future is here and now.

Aquarius

Jan. 21 - Feb. 19

You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

Pisces

Feb. 20 - March 20

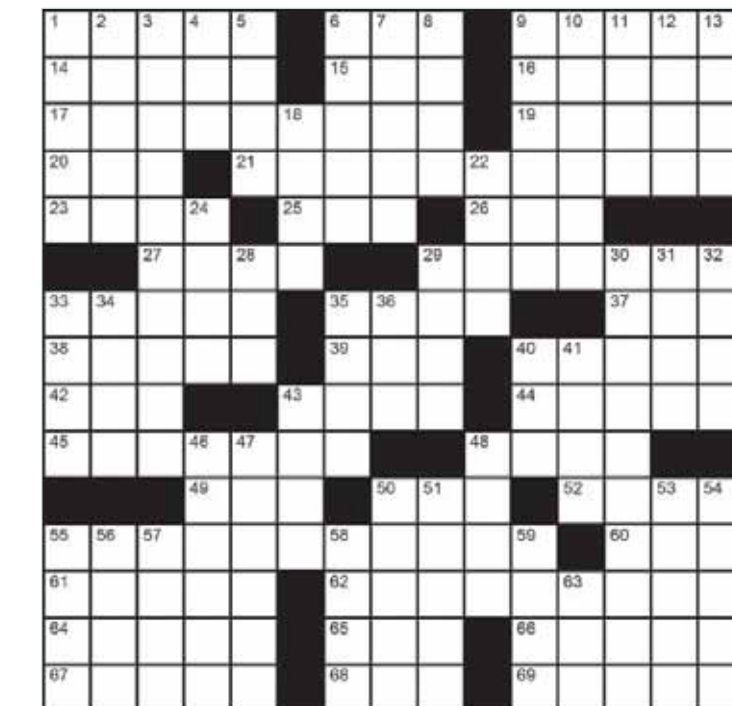
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- "The ___ Mutiny" (1954)
- Conned
- Scale
- British car, ___ Martin
- Poet's 'previously'
- Golden '60s song, for example
- Canadian-invented Trivial Pursuit, for one: 2 wds.
- Wheezing noises
- Prince Valiant's son
- Nature government agency, ___ Canada
- Info given secretly to the press
- 'Yes' on a yacht
- Pastureland
- Dryer's fluff
- New ___, Nova Scotia
- In a bashful way
- Scuffle
- Fair-hiring letters
- Urgency
- Fireplace fixture
- Breath whilst laughing
- Keyboard key
- Stitches
- Places at a slant
- Badgley ___ (American fashion design duo)
- Jason's craft
- French for 'Goose'
- Corny place
- Elevs.
- Bird found across



- Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James ___
61. Horseback rider's straps
62. Natural ___ Canada
64. Bandleader Mr.

Shaw

65. Big Apple toy store, ___ Schwarz
66. Glides like a bird
67. Slept a bit
68. RR depot
69. Alvin ___ American Dance Theater

Down

1. Secretly conspiring

group

2. "Oh, don't be ___ loser!"
3. Pros in a Computer Dept., ___
4. Neither's partner
5. The Neverending Story author, Michael ___
6. Music genre, with Metal

7. Hollywood's Mr. Hammer
8. Red ___, Alberta
9. Eye part
10. Andean animals
11. Still
12. Demeanor
13. Trump
18. Bug variety
22. Brit singer Mr. Murs

24. Bagpiper's outfit piece
28. 'The Science Guy', Bill ___
29. Practical jokes
30. ___ Survey of Canada
31. Astronomy's ___ cloud
32. Soaks
33. Decorative pillow cover
34. Nickname of Nova Scotia's cap.
35. Bandmate to Anthony Kiedis
36. Make the kayak move
40. Gibraltar, e.g.
41. Near, fancy-style
43. Misrepresent
46. Ms. Nielsen of "Gladiator" (2000)
47. Showed disapproval as a cat
48. Peek-___!
50. Sports shoe's slip stopper
51. Elisabeth Moss' role on "Mad Men", Peggy ___
53. "Ta-da!"
54. Flip
55. Mr. Pitt
56. Bubbly bar
57. Glamour
58. Pet store sounds!
59. 1970 Paul Newman movie about a radio station
63. French sovereign

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 3°
MIN: -4°

FRIDAY



MAX: 1°
MIN: 0°

SATURDAY



MAX: -2°
MIN: -15°



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